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AUTHOR Pearson, Mark; Nolan, Patricia
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ABSTRACT

Emotional Release Counselling (ERC) is based on the simple premise that to feel emotions and energy and to let them be expressed keeps us mentally healthy. ERC works to help a child be deeply connected to the sensation within the body, to develop self-awareness. The book explains the concept of emotional release counseling and provides specific suggestions for activities counselors can do with children. Organized into nine chapters, the book includes emotional release exercises; guidance for planning personal development and counseling sessions; an introduction to Sandplay Therapy; work with art, drama, and music; Gestalt methods, relaxation and visualization formats, and a chapter of "Care for the Carers." There are five appendices that provide formats to be used for specific sessions, additional resources in music, and contact people. The book also includes a glossary of terms, a list of recommended readings, an index to exercises, and a general index. (JE)

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